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TheraICE TI-HEAD-OS

TheraICE Migraine Relief Cap

USER MANUAL

Brand: TheraICE

Product Overview

The TheraICE Migraine Relief Cap is designed to provide soothing hot or cold therapy for temporary relief from migraines, tension headaches, and sinus pressure. Its unique 360° coverage and flexible gel ensure a comfortable, adaptable fit for various head shapes and sizes, offering targeted relief and promoting relaxation.



Figure 1: The TheralCE Migraine Relief Cap in use, providing full head coverage.

Setup and Preparation

For Cold Therapy:

1. Keep the cap in the provided clear plastic freezer bag or use your own and place it in the freezer for at least two hours.
2. After two hours, remove the cap from the freezer and test its temperature.
3. If it is too cold to comfortably place on your head, let it sit out until it reaches your desired temperature.
4. Once it is at your desired temperature, place the cap on your head.

For Hot Therapy:

1. The cap should be at room temperature before heating. Remove the cap from its plastic bag.
2. Place the cap in the microwave and heat for 20 seconds.
3. Add in 10-second increments if more heat is desired. After each interval, check the cap to ensure it has reached the desired temperature and is not too warm to wear comfortably.
4. If too warm, let it sit out until it reaches your desired temperature. Once it is at your desired temperature, place the cap on your head. (Note: Microwave wattages may vary.)

CAN BE WORN TWO WAYS!



Figure 2: The cap can be worn over the eyes for light sensitivity or pushed up for forehead relief.

Operating Instructions

The TheralCE Migraine Relief Cap is designed for ease of use. Simply slide it onto your head. The stretchable material ensures a snug yet comfortable fit for most head sizes and shapes. The cap provides 360° cooling and therapeutic relief, covering all areas of your head for comprehensive comfort.

- **Targeted Relief:** Position the cap to cover areas experiencing tension, such as the forehead, temples, or back of the head.
- **Light Blocking:** For light sensitivity, pull the cap down to cover your eyes completely. The dark material effectively blocks out light, enhancing relief.
- **Compression:** The cap offers gentle compression, which can further aid in relieving discomfort.



Figure 3: The cap provides a comfortable and secure fit for various users.



The Best Choice ✓



Differences	TheraICE Headache Relief Cap	Other Headache Caps
Comfortable, Smooth, and Soft	✓	✗
No Unnecessary Pressure	✓	✗
Slides on and off with ease	✓	✗
No Frustrating, Hard Inserts	✓	✗
Provides Both Hot & Cold Therapy	✓	✗
Stretchable, One Size Fits Most Design	✓	✗
No Velcro (Won't Pull Hair)	✓	✗
Avoids Cold Ears	✓	✗
Black Material Blocks Light For Sensitivity	✓	✗
Perfect for Ponytails or Hair Down	✓	✗

Figure 4: Key features of the TheraICE Migraine Relief Cap.

Note: No official product videos from the seller were available for embedding in this section.

Maintenance and Care

- **Cleaning:** Wipe with a damp towel. Do not submerge in water. Do not use wet. Use only on dry skin.
- **Storage:** Store the cap in the provided clear plastic freezer bag or a similar sealed bag to prevent it from absorbing odors from the freezer. This also helps maintain its cleanliness and integrity.
- **Avoid Damage:** Do not use if you see crystals or if there are tears in the outer lining and leaking gel.
- **Do Not Overstretch:** While the cap is stretchable, avoid excessive stretching to maintain its shape and effectiveness.

Troubleshooting

- **Cap is Too Cold:** If the cap feels too cold immediately after removing it from the freezer, allow it to sit at room

temperature for a few minutes until it reaches a comfortable temperature. Some users prefer storing it in the refrigerator for a less intense cold.

- **Cap is Not Cold Enough:** Ensure the cap has been in the freezer for at least two hours for optimal cold therapy.
- **Cap is Too Warm (for hot therapy):** After microwaving, if the cap is too warm, let it sit out until it reaches your desired temperature before placing it on your head.
- **Unpleasant Odors:** Always store the cap in a sealed bag in the freezer or refrigerator to prevent it from absorbing food odors.
- **Discomfort or Allergic Reaction:** Discontinue use immediately and consult your physician if the inner gel comes into contact with your eyes, or if you experience any discomfort or allergic reaction.

Safety Information

Precautions:

- Use only as directed.
- Consult your physician prior to use if you have any health concerns.
- Do not use if the product is too hot or too cold to be worn comfortably.
- Do not use if you see crystals or if there are tears in the outer lining and leaking gel.
- Do not use over infected skin or open wounds.
- Do not use if wet. Use only on dry skin.
- Prolonged cold exposure can cause tissue damage.

Specifications

Product Dimensions:	9 x 0.72 x 6 inches; 1.36 Pounds
Item Model Number:	TI-HEAD-OS
Brand:	TheraICE
Age Range (Description):	Adult
Number of Items:	1
Unit Count:	1.00 Count
Special Features:	Flexible, Reusable, Wearable, Adjustable, Breathable

Warranty and Support

For any issues with your TheraICE Migraine Relief Cap, please contact the manufacturer directly.

- **Manufacturer:** TheraICE Rx
- **Contact:** info@theraice.com

Please refer to the product packaging or the official TheraICE website for detailed warranty information.

